

Fitness Reality 4000MR

FITNESS REALITY 4000MR Magnetic Rower Rowing Machine User Manual

Brand: Fitness Reality | Model: 4000MR

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1. INTRODUCTION

This manual provides essential information for the safe and effective use of your FITNESS REALITY 4000MR Magnetic Rower Rowing Machine. This machine is designed to provide a comprehensive full-body workout, engaging arms, legs, and core, while improving cardiovascular health. It features magnetic resistance, a variety of workout programs, and a user-friendly console to track your progress. Please read this manual thoroughly before assembly and operation.



Figure 1.1: The FITNESS REALITY 4000MR Magnetic Rower Rowing Machine in an assembled state, ready for use.

2. SETUP

2.1 Unpacking and Assembly

Carefully remove all components from the packaging. It is recommended to assemble the rower in the area where it will be used. Follow the detailed assembly instructions provided in the separate assembly guide to ensure all parts are correctly and securely attached. All necessary tools for assembly are typically included.

2.2 Placement and Stability

Place the rowing machine on a flat, stable surface. Ensure there is adequate space around the machine for safe operation and movement. The rower is equipped with adjustable rear floor stabilizers to prevent rocking and ensure stability during your workout. Adjust these stabilizers as needed to level the machine.

2.3 Folding for Storage

The FITNESS REALITY 4000MR is designed for convenient storage. When not in use, the rowing machine can be folded to reduce its footprint. Utilize the built-in transport wheels to easily move the folded unit to a storage location. Refer to the assembly guide for specific folding instructions.



Figure 2.1: The rowing machine shown in its folded, upright position, demonstrating its space-saving design for storage.

3. OPERATING INSTRUCTIONS

3.1 Console Overview

The rower features a large, adjustable, highly visible backlit 5-inch LCD console. This display provides real-time workout information, including distance, time, total count, calories burned, strokes per minute (RPM), watts, and tension levels. Use the 'UP', 'DOWN', 'START', 'STOP', and 'ENTER' buttons to navigate and control your workout.



Figure 3.1: A detailed view of the 5-inch backlit LCD console, showing the control buttons and various workout metrics.

3.2 Workout Programs

Personalize your rowing workout and track your progress using the integrated programs:

- **10 Preset Programs:** Ready-to-use workout routines for varied intensity.
- **5 Customizable Programs:** Design your own routines to match your fitness goals.
- **3 Fitness Goal Settings:** Set targets for time, distance, or calories burned.

3.3 Magnetic Tension Resistance

The rower offers 16 levels of dual transmission magnetic tension resistance. This allows you to adjust the intensity of your workout from easy to more challenging. Use the 'UP' and 'DOWN' buttons on the console to select your desired resistance level.

3.4 Rowing Motion and Ergonomics

The machine provides a full range of rowing motion with dual independent rowing handles. These handles feature rubber-coated hand grips with grip balls to ensure a comfortable and secure hold during each stroke. The large contoured cushion seat and anti-slip pedals with adjustable strap rings and heel holders ensure comfort and stability for users between 5' and 6'5" tall and up to 300 lbs.



Figure 3.2: A user demonstrating the full range of motion on the rowing machine, highlighting the ergonomic design.



Figure 3.3: A close-up view of the dual independent rowing handles with rubber-coated grips, designed for comfort and effective muscle engagement.



Figure 3.4: A detailed image of the anti-slip foot pedals, showing the adjustable strap rings and heel holders for secure foot placement.

3.5 Official Product Video

Video 3.1: An official product video demonstrating the features and operation of the Fitness Reality 4000MR Magnetic Rower Rowing Machine with 15 Workout Programs. This video provides a visual guide to the machine's capabilities and proper usage.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your rowing machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Slide Rail:** Keep the slide rail clean and free of debris to ensure smooth seat movement.
- **Storage:** Store the machine in a dry, temperate environment away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

If you encounter any issues with your FITNESS REALITY 4000MR Magnetic Rower, refer to the following common solutions:

- **Console Not Displaying:** Ensure the console batteries are correctly installed and have sufficient charge. Check all cable connections.

- **Resistance Issues:** Verify that the resistance level is correctly set on the console. If magnetic resistance feels inconsistent, ensure no foreign objects are obstructing the flywheel mechanism.
- **Unusual Noises:** Inspect all moving parts for any obstructions or loose components. Lubricate moving parts if squeaking or grinding occurs (refer to specific lubrication instructions if provided in the full manual).
- **Unstable Machine:** Adjust the rear floor stabilizers to ensure the machine is level and stable on your floor surface.

For persistent issues, please contact customer support.

6. SPECIFICATIONS

Brand	Fitness Reality
Model Name	FITNESS REALITY 4000MR Magnetic Rower Rowing Machine with 15 Workout Programs
Resistance Mechanism	Magnetic
Tension Level	16 Levels
Product Dimensions (Assembled)	25"D x 72"W x 51.5"H
Item Weight	116.4 Pounds
Maximum Weight Recommendation	300 Pounds
Recommended User Height	5' - 6'5"
Display Type	LCD (5-inch backlit)
Metrics Measured	Time, Distance, Count, Calories Burned, RPM, Watts, Tension Levels
Frame Material	Alloy Steel
Special Feature	Foldable

7. WARRANTY INFORMATION

The FITNESS REALITY 4000MR Magnetic Rower comes with the following warranty:


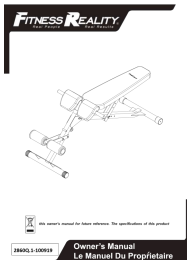
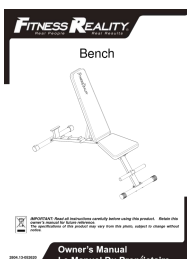
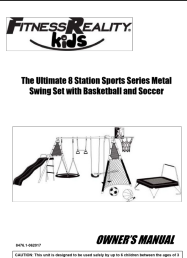
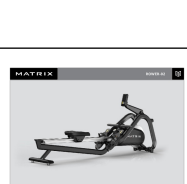
- **Frame:** 5 years
- **Parts:** 3 years
- **Electronics/Wearable Parts:** 2 years

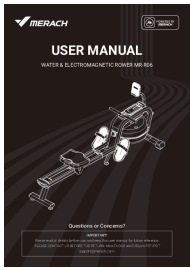
Please retain your proof of purchase for warranty claims. For full terms and conditions, refer to the official warranty documentation included with your product.

8. CUSTOMER SUPPORT

For any questions, assistance with assembly, operation, maintenance, or troubleshooting that is not covered in this manual, please contact Fitness Reality customer support. Refer to the product packaging or the official Fitness Reality website for the most current contact information.

Related Documents - 4000MR

	<p>Fitness Reality Rower Machine Owner's Manual (Model 2636)</p> <p>Comprehensive owner's manual for the Fitness Reality Rower Machine (Model 2636), providing detailed assembly instructions, important safety guidelines, operational details, maintenance tips, troubleshooting advice, and warranty information from Paradigm Health & Wellness.</p>
	<p>Fitness Reality AB Hyper Bench Owner's Manual</p> <p>Owner's manual for the Fitness Reality AB Hyper Bench, including assembly instructions, safety guidelines, and warranty information.</p>
	<p>Fitness Reality Bench Owner's Manual</p> <p>Owner's manual for the Fitness Reality Bench, including assembly instructions, safety guidelines, adjustments, transportation, and warranty information.</p>
	<p>Fitness Reality Kids Ultimate 8 Station Sports Series Metal Swing Set with Basketball and Soccer - Owner's Manual</p> <p>This owner's manual provides comprehensive instructions for the Fitness Reality Kids Ultimate 8 Station Sports Series Metal Swing Set. It includes detailed safety guidelines, a complete parts list with descriptions, step-by-step assembly instructions, and warranty information. Designed for children aged 3-8 years, this swing set features multiple activities including swings, a slide, a basketball hoop, and a soccer net.</p>
	<p>Matrix Rower-02 User Manual and Assembly Guide</p> <p>Comprehensive guide for the Matrix Rower-02, covering setup, operation, maintenance, and product specifications. Learn how to use your commercial rowing machine safely and effectively.</p>



[MERACH Water & Electromagnetic Rower MR-R06 User Manual](#)

Comprehensive user manual for the MERACH Water & Electromagnetic Rower MR-R06, detailing safety, assembly, usage, app integration, troubleshooting, and warranty information for home fitness.